

**Drinking for charity**  
Students collect beer cans to raise money for various charities.

NEWS 11

# Spoke

**Traffic a hassle for students**

Construction and double cohort result in headache for students on the road.

NEWS 2

**Fall fashion tips**

Advice on how not to be a fashion faux pas this year.

NEWS 9

Monday, September 29, 2003

Conestoga College, Kitchener

35th Year — No. 4



(Photo by Jason Smith)

## Batter up!

Matt Jordan, 21, a second-year engineering student, readies himself in the batter's box at an intramural baseball game.

## Theft remains an issue

Stereo equipment stolen from five vehicles

By DARREN SMITH

Theft continues to be a problem and concern for the people parking at the Doon campus of Conestoga College.

On Sept. 15 there were five vehicles tampered with in parking Lots 1, 9, 10 and 13. An unsuccessful attempt was made to enter one vehicle while the other four vehicles had high-end stereo equipment stolen.

A student reported a suspicious vehicle in one of the parking lots and gave a good description of the vehicle to security. The information was relayed to Waterloo regional police and Al Hunter, chief of security, anticipates that there will be an arrest.

Hunter doesn't believe that theft is occurring more often this year when compared to last year. He believes the same individual or group of people are responsible

for these thefts.

"This is a very unusual day," said Hunter, "to see that level of thefts taking place."

Hunter said it's been a very busy start up this year for security, attributing this to the volume they deal with rather than any particular problem.

He said these particular thefts happened quickly and, in some cases, windows were being broken while in other cases the thieves punched door locks to gain entry. Hunter said it's not a matter of vehicles being left unattended and unlocked but that the thieves are spotting vehicles that appear to have expensive stereo equipment in them.

Some stereo units are removable and Hunter suggested that those who have this type of unit should remove it. Another alternative is the use of a cover faceplate.

Hunter said that the reported

break-ins are not limited to one particular area of the college.

"With 13 parking lots and 125 acres it's hard to be everywhere at once," he said.

Although security has increased its patrols, and cameras are coming, the first line of defence is a higher level of awareness among the students and parking clients of Conestoga, Hunter said. Students should trust their instincts and call security right away if they see anything suspicious.

Emergency phones and cameras are still being worked on and no real date is set for completion. The cameras and phones need to be connected through the fibre optic system through the different areas of the college and back to security.

"There's still some work to be done," said Hunter, "but we're hoping to get that done in the near future."

## Rec centre receives \$11,800 donation

By AIMEE WILSON

The recreation centre will be getting new equipment thanks to a donation of approximately \$11,800, given by Conestoga Students Incorporated (CSI).

Over the last two years, students have been paying a CSI capital development fee of \$32. Of this amount, \$16 goes to the Sanctuary and the rest goes to the recreation centre. Over the last two years the number of students attending the college has risen, resulting in a surplus. As a result CSI has decided to give the extra money to the recreation centre to help out with new equipment costs.

"We collected it with the anticipation of collecting it for the recre-

ation centre fitness renovation project, although it wasn't required," said Justin Falconer, CSI president.

According to Paul Osborne, manager of the recreation centre, the money will go towards new weight equipment especially designed for leg and calve muscles, lightweight equipment and new sound equipment. "It's tremendous. It allows us to improve the club," he said, adding, "The CSI always wants to put students first."

The weight equipment has been ordered and is expected to arrive within the next couple of weeks.

Osborne said a lot of people have recommended the centre get more weight equipment, particularly for leg muscles. Students in programs that involve fitness need this type

of equipment in the facility in order to reach a certain level of fitness. Therefore, students will greatly benefit from the new apparatus.

"CSI has come through for those students who use the recreation centre," he said, adding, "They're looking out for what's best for the students."

According to Osborne, in addition to the donation made by CSI, the alumni association also donated \$1,500 to the recreation centre. That money will go towards the installation of dividers in the women's showers to allow for privacy.

The recreation centre would not have been able to purchase the new equipment, he said, without the donations. "We were thrilled."

## Local politicians grace Conestoga College

By CARRIE HOTO

Students will have the opportunity to hear local candidates spout their views prior to the upcoming provincial election.

Today in the Sanctuary, Liberal party candidate Jerry Boyle, Progressive Conservative party candidate Gerry Martiniuk and New Democratic Party candidate Pam Wolf will be speaking to students and faculty.

At 12:30 p.m., the three candidates running in the Cambridge riding will be discussing their platform and informing those in attendance of their plans if elected.

Following their speeches, people are encouraged to meet with

the candidates in the Blue Room in the cafeteria.

The college falls under the Cambridge riding. Conestoga will also be running two polling stations on election day, Oct. 2.

"(Conestoga College) is the only college (in Ontario) to get a candidate forum and polling stations," said Justin Falconer, CSI president.

"I feel proud because this was the first time Conestoga College and Conestoga Students Incorporated have worked together to host polling stations."

In order to be eligible to vote you need to be at least 18 years old and provide two pieces of identification on election day, one piece with your photo and one piece with

your address.

The polling stations will be set up in the E-wing foyer. There will be four representatives from Elections Ontario present, two district returning officers and two polling clerks.

There will be signs posted on the way into the school and throughout the school, reminding students of the election.

"They (students) will think about it all day," said Falconer.

There will also be 20 parking spots in Lot 13 closed for the day, to create parking for the public.

"Twenty spaces (closed to students) probably won't be a problem ... It creates awareness," said Falconer.

A police officer will direct traffic

and an extra security guard will help voters park.

"I don't think it will be a negative impact on the lot," said Al Hunter, chief of Conestoga security.

"People won't be coming in masses."

There are about 460 parking spots in Lot 13. Although the lot is technically sold out, Hunter said some students have returned their parking passes.

"We're looking at a maximum of 900 voters. The reality is we'll probably only have half of that," said Hunter.

"We're looking at about 50 people an hour."

Hunter said one problem might be people not being able to find their way into the college.

"For a number of people this will be their first time on campus," he said.

"When you are coming into almost 125 acres and about three-quarters of a million square feet, it can be confusing."

Hunter said having polling stations at the college is "good exposure" for the school.

"It's (polling stations) going to be right up front for our students to exercise their right to vote ... I think the main thrust of this is to encourage students to vote."

Polling stations will be open from 9 a.m. to 8 p.m. Shuttles will be running from residence from 5 to 8 p.m.

To find out what riding you are in log on to [electionsontario.on.ca](http://electionsontario.on.ca).



# Imaginus colours students' walls

By RYAN CONNELL

The couches in the Sanctuary were put away for two days and replaced with posters, prints and portraits for the poster sale, Sept. 18 and 19.

Students searched for new ways to decorate their dormitories and bedrooms, looking through more than 1,500 reproductions ranging from Britney Spears to Sesame Street's Bert and Ernie.

Conestoga Students Incorporated (CSI) vice-president of student activities, Ethan Miller, said he could tell the poster sale was a success just by looking at all the people constantly filling the Sanctuary.

"It's been an absolute beehive of

activity," Miller said. "It's been great."

The Sanctuary was filled with students and staff browsing and there was a constant lineup at the check-out on both days.

Hot sellers this year included Scarface posters, and Starry Night by Vincent Van Gogh.

Many students said the selection of reproductions offered this year didn't change as much as compared to previous years.

CSI first began organizing the poster events in 2000 when they were approached by Imaginus.

The warehouse-based poster company in Toronto travels to college and university campuses across Canada, selling reproductions of posters, prints and por-

traits at low prices as a way to bring drama and fine art to students. The company has been in business for 28 years.

Daryl Hoskins, an Imaginus sales associate, said the event is most popular in the fall months because students are eager to decorate their residence rooms when coming to college or university.

"This year has been especially busy because of the double cohort," Hoskins said.

CSI makes a commission from the event, but Miller is unable to disclose how much is made because Imaginus cuts different deals with other colleges and universities.

"In all fairness to them, we can't (disclose how much)," Miller said. "We do get a commission and, of course, that money goes to the students in the end."

The reproductions ranged in price from \$3 to \$30, depending on the location of the publisher and its quantity.

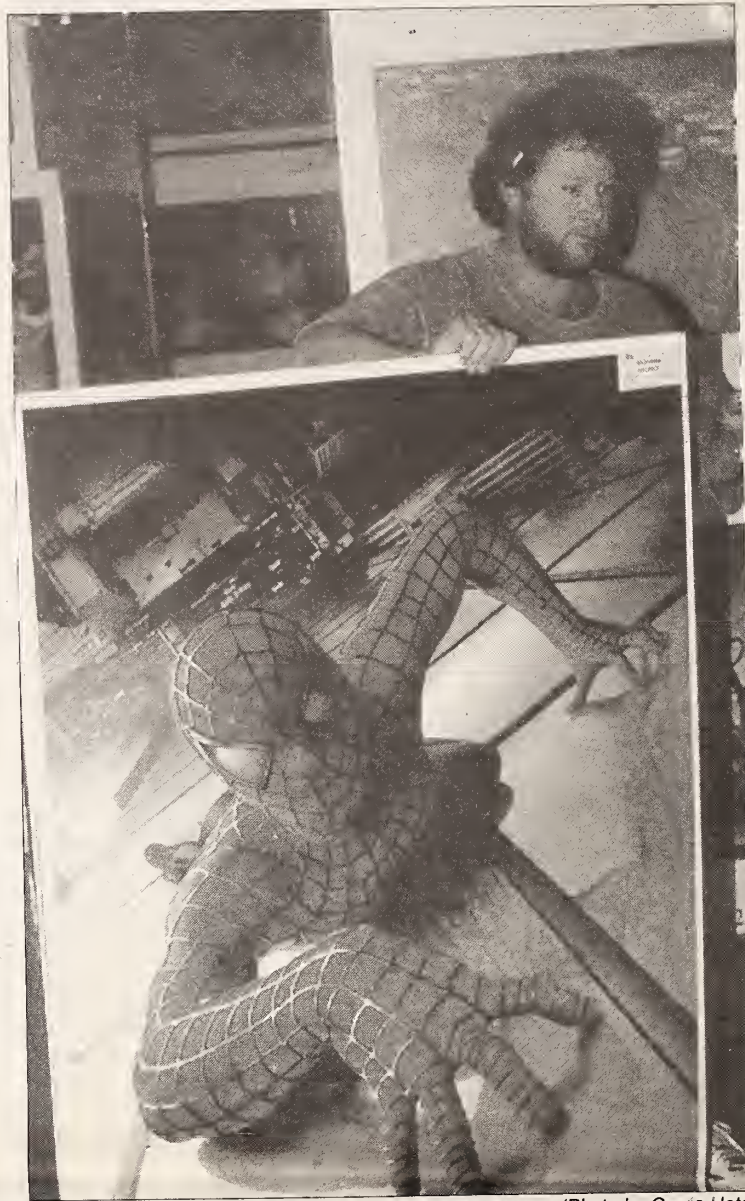
Miller said Imaginus has been the only company to approach CSI about holding poster sales.

"I guess that's because of the nature of the sale (because there isn't a lot of travelling poster companies)," Miller said.

The event takes a lot of work to set up, and students benefitted. Eight students were hired to help with the event.

Two students helped advertise the event around campus, and six students helped with setting up and tearing down the displays. They were paid \$9 and \$11 an hour by Imaginus.

The next poster sale at Conestoga College will take place one day only in the Sanctuary on Jan. 21, 2004.



(Photo by Carrie Hoto)

Daryl Hoskins, of Imaginus, starts cleaning up after the poster sale on Sept. 19.



(Photo by Ryan Connell)

First-year early childhood education student Kerri Healey (left), 18, and first-year advertising student Kim Chamberland, 18, show off the posters they bought at the Imaginus poster sale.

## Increasing traffic at college a hassle for drivers

By MICHELLE TAYLOR

Traffic headache?

If you drive a car to and from school everyday, you have no doubt noticed the increase in traffic between 3 and 4:30 p.m.

Leaving Conestoga College can be a hassle, especially if you are trying to get out of the main entrance and on to Highway 401.

Al Hunter, chief of security at the college, says there may be a number of factors contributing to the traffic.

An increase in enrolment this year means more students leaving the college at the same time. "We're up about 8 per cent," he said. The demand for parking also increased with about 307 more parking passes sold this year than last.

Another contributing factor to the increased traffic is the construction around Lot 10.

Normally students who park in Lot 11 avoid the main entrance traffic by driving to Lot 10 and taking one of the back entrances, but now the route past the Automation Tooling Systems (ATS) building is blocked off. These students have no choice but to take the main entrance along with the traffic from lots 11 and 12.

According to Hunter, there have

only been two minor accidents reported on college property. In both these cases speed was a factor. So, other than a few headaches the traffic hasn't caused any serious problems.

"There have been no formal complaints," says Hunter, referring to the traffic, "but we are very much aware of it."

"There have been recent talks of a set of traffic lights being placed at the main entrance. 'We've broached the topic with the city,' he says. If the go-ahead is given for the lights the college would be responsible for the payment. However, don't expect any lights to be up by next month.

The traffic lights are part of a five-year plan dealing with traffic issues and parking at the college.

Hunter says the afternoon traffic seems to be the biggest problem whereas coming into the school in the morning doesn't seem to be too bad due to the new double lanes at the Homer Watson intersection.

As many drivers have found though, Homer Watson can be a problem itself making it difficult to get to school on time.

Olaf Heinzl, public relations co-ordinator for Waterloo Regional Police 'Service, says there has been an increase in traffic along Homer Watson since the

start of September. However, he hasn't seen a significant increase in accidents compared to previous years.

Heinzl and Hunter agree that the construction of the Freeport Bridge along King Street is affecting the traffic along Homer Watson. "You've taken a major artery into the city and taken it

out," says Heinzl. "It's going to cause problems."

Hunter says the Freeport Bridge is impacting the traffic to a degree. "If there is an accident things tend to pile up."

When there is a backup on Highway 8 normally people would take the Freeport Bridge, but now they are forced to take Homer Watson, says

Heinzl. This increase in traffic along Homer Watson means longer waits to and from the college.

There is good news though. Heinzl says the Freeport Bridge is expected to be completed by the end of October. "Hopefully it's going to be finished by Oktoberfest or else (the traffic) is going to be messy."



(Photo by Michelle Taylor)

The Freeport Bridge along King Street in Kitchener is expected to be open by the end of October. In the meantime, traffic continues to increase along Homer Watson and Highway 8 due to its closing.



# No strike talks anytime soon

By PETR CIHACEK

Ontario college staff is unlikely to strike before the provincial election as the union pursues one goal — to get rid of the Tory government.

"The (priority) is to get this government out," said Walter Boettger, president of the local Ontario Public Service Employees Union (OPSEU). "It's more important than bargaining."

As talks between OPSEU and management broke off, some college faculty, who have been without a contract since Aug. 31, feared that there might be a strike.

However, at a meeting held Sept. 15 in Toronto, local union presidents of 24 Ontario colleges decided to postpone all negotiations and strike talks until after the provincial election Oct. 2.

"We talked about how to move bargaining along and we felt that it would be the best (to wait until) the new government is in place before we resume negotiation," said Boettger.

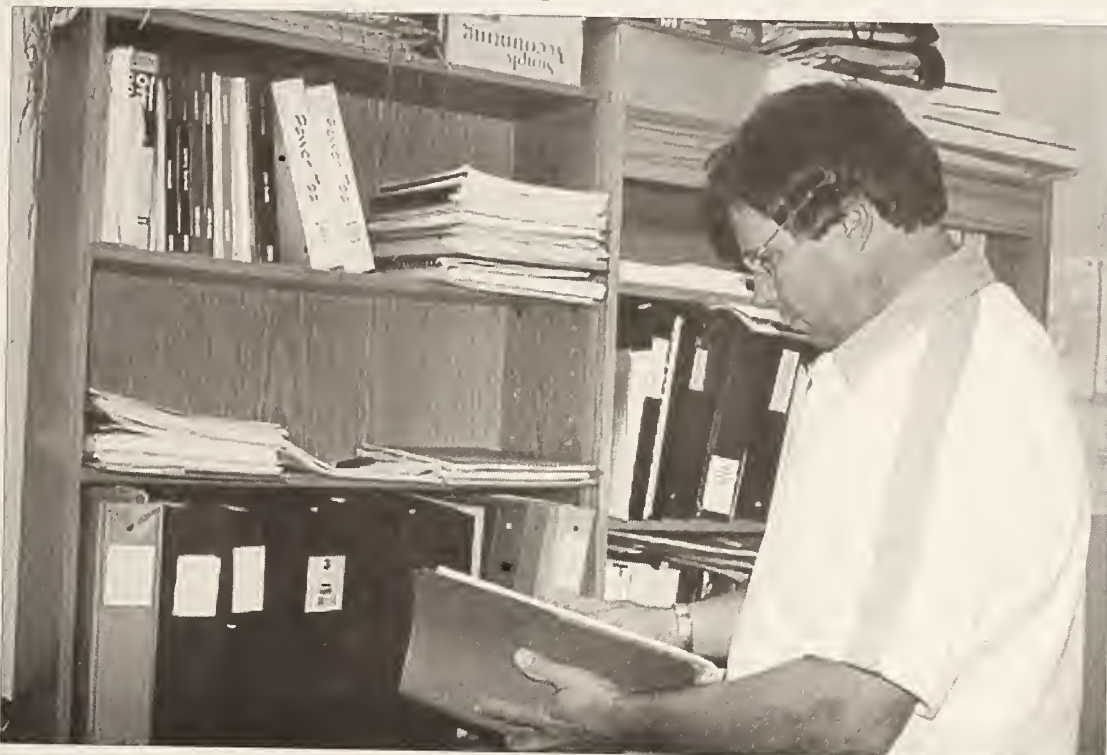
He added that if the Progressive Conservatives got re-elected, the union would "take them head-on right away."

To ensure the party's defeat, OPSEU is encouraging its members to vote for other parties.

"The OPSEU central supports the NDP, but this local does not take a position on which party to vote for," said Boettger. "We take a position on what party not to vote for."

But this attitude does not seem to concern the Tories.

Wayne Wettlaufer, the Conservative candidate for Kitchener Centre, said he is not going to "be swayed by the opin-



Local union leader Walter Boettger says there will be no strike talks before the provincial election on Oct. 2. (Photo by Petr Cihacek)

ions of others" as he is focused on running an election campaign.

**"The strategy after Oct. 2 will depend on the government in power."**

*Walter Boettger,  
president of local OPSEU*

He also said the Tories' plan is to guarantee a place in a college or university program for every qualified student in Ontario.

"We will ensure availability with more than \$2.6 billion in funding,

the biggest capital investment in post-secondary education in Ontario's history," said Wettlaufer. "We will follow that up with new investments of up to \$300 million a year in the quality of education in colleges and universities."

Despite those promises, Boettger said the union feels there is an "immediate need to change the government" and that if there is another party elected, OPSEU would work with its representatives to help them understand the problems the union is facing.

According to Shelagh Gill, chairwoman of the management team, workload and salary seem to be the

union's biggest concerns.

"We were just too apart to agree on those issues," said Gill. "But we are prepared to go back to the table to negotiate a contract."

Although no one knows when the parties will meet again, it is certain that negotiations will not resume before the election outcome is announced.

"The strategy after Oct. 2 will depend on the government in power," said Boettger. "We are hoping for a more understanding government."

There will be two voting stations at the campus so students do not need to leave Doon to cast their ballot.

## Interest-free OSAP possible

By TIM MURPHY

Students relying on OSAP to fund their studies can relax, knowing their interest payments are being footed by the Canadian government.

According to Paul Matresky, a Conestoga College financial aid administrator, the governments of Canada and Ontario have electronically integrated the process of interest-relief status on student loans.

"This year it's being done electronically for the Canada Student loan for the first time; in Ontario we've been doing it electronically for several years now," he said.

Interest-free status ensures that students do not have to repay their loans and interest while in school.

The Province of Ontario and the Government of Canada will continue to pay the interest on the loans while students are full time in an approved post-secondary institution. All a student has to do is go to the financial aid office and fill out a form.

"What used to happen is a student would get a form that they'd have to send to the National Student Loan Centre," said Matresky.

"Or, if they had a loan prior to August 2000, they'd tell the bank they were back in school, and the bank would bill the government."

Since August 2000, all loans have been handled by the National Student Loan Centre, removing the need for banks to handle the loans.

"It's much more convenient for students; they don't have to do anymore running. It should be a much quicker process for students."

Matresky said students should come back and check to make sure the process has gone through the system, to prevent the interest being billed to the student.

"Interest starts accruing the month after they leave school on a full-time basis. If they leave school in April, on May 1 interest starts."

Students aren't required to make payments on the interest or loan for six months, which allows for students to find a job, or start another post-secondary program.

Students requiring more information should contact the financial aid office, or visit OSAP's website at [www.osap.gov.on.ca](http://www.osap.gov.on.ca).

## CSI hopes to hold more licensed events

By JASON MIDDLETON

At first glance the liquor licence application posted outside the Sanctuary appears misleading.

Some may interpret the posting to mean that Conestoga Students Inc. (CSI) is trying to open the beer fridges full-time.

However, the CSI applied for the change in their liquor licence earlier this year so that the Sanctuary could hold more licensed special events.

"The restrictions of the old licence under the AGCO (Alcohol and Gaming Commission of Ontario) prevented the CSI from serving outside the hours of 6 p.m. to 1 a.m.," says CSI president Justin Falconer.

This means alcohol cannot be served in the Sanctuary between the hours of 11 a.m. and 6 p.m., which is inconvenient when the lounge is rented out for parties.

According to Falconer, when the lounge is rented out for class reunions or other functions, dinner is usually served at 6 p.m.

A lot of the time people like an hour before dinner for cocktails, but under the current licence that is not possible.

"(A new licence) provides us with a greater opportunity to be a com-

munity partner on campus. Under the current licence with the AGCO the CSI is limited to three special occasion permits, which are permits that allow us to serve outside of our hours or serve in a different location.

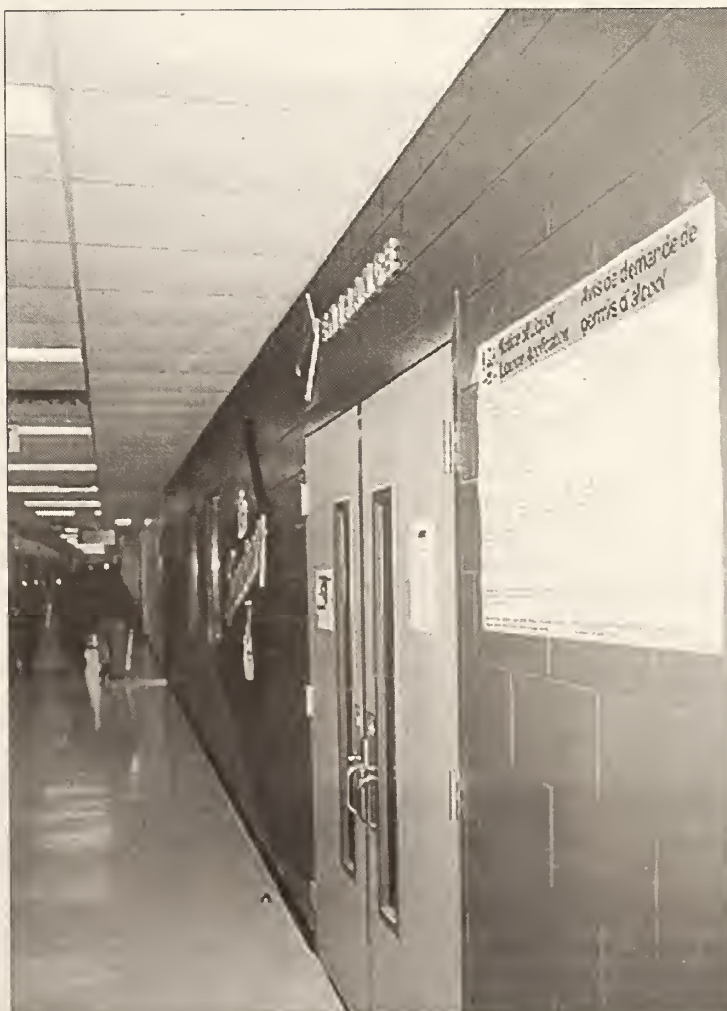
"The three special occasion permits for this year have already been used," says Falconer.

The CSI is now "left with no opportunities to be a community partner for either an alumni association (party or meeting), faculty retirement dinner or a Super Bowl Sunday party. It's events like that which we'd like to do but they might not fall under the traditional hours (of the licence)."

Falconer met with Walter Boettger, president of the local Ontario Public Service Employees Union (OPSEU) in order "to dispel any false information and provide the real rationale for the change."

The AGCO is taking comments for or against the change in licence. Comments must be received before Oct. 2.

Falconer says the new licence will be a "greater opportunity for us to open our doors to other organizations to fundraise, celebrate or hold a social gathering."



(Photo by Jason Middleton)

The CSI has applied for a revision to their current liquor licence. The Alcohol and Gaming Commission of Ontario is taking comments about the issue until Oct. 2.

### CORRECTION

In the Sept. 22 issue of Spoke, a story on a donation to the LASA and police foundations programs contained incorrect information. The actual donation was \$1,200. Spoke apologizes for the error.



# Another one bites the dust

The community is mourning the loss of a trusted and loyal friend.

The Cambridge Reporter, a longtime newspaper in the tri-city area, folded mid-month. Citing financial difficulties, the owners put it to rest after a remarkable 157 years of news coverage.

Unfortunately, we could see this coming. The paper's struggles were apparent when management made the compromising transition from a daily to a weekly and even switched to free distribution.

The sudden change in format is usually an obvious sign of a paper struggling to survive. A number of factors contributed to the Reporter's demise. These included the controversial issue of Torstar's media conglomeration in the area, and a decline in readership, which resulted in ad revenue losses.

The reasons for the closure are unimportant. It won't change the fact that another community paper was forced to wave the white flag in defeat.

The Reporter's demise is a loss for us all. There's a possibility that this is just one more notch in the board towards the complete extinction of the newspaper.

It should be noted that newspaper organizations across the country and even around the world become victims of mass media concentration. Because most small papers are part of a chain, they can easily be folded in favour of their farther-reaching counterparts.

Newspapers have never really recovered from the invention of the boob tube, since it is easier and more convenient to get vital information from up-to-date televised newscasts.

As a result, the overall number of newspapers has declined over the years, despite their ability to deliver more thorough and in-depth news.

However, it's ironic that newspapers still make more money annually than any other of the media industries.

When newspapers became popular in the 17th century, they were the only source of news for the public. Instigating public discussion, overcoming obstacles and serving as watchdogs are the things that newspapers have become renowned for over the decades.

Their main priority is to remain objective, while keeping the government and special interest groups at bay, in order to keep the public informed.

The power a newspaper has should not be underestimated. They have the ability to open minds, forge paths, change thoughts and encourage debate.

When a newspaper closes, it should raise a red flag. A free press is of the utmost importance in Canada, and this is strengthened by diversity of ownership and through competition. When a paper closes, it shakes this very foundation.

Unfortunately for this area, a paper that once reached 52,000 homes has said goodbye.

The community mourns this loss.



"Man, I am so broke I could hardly afford groceries this week! By the way, have you seen my new shoes? They're the latest on the market!"

## Consider the truth behind your apparel

I keep having this reoccurring nightmare: I'm walking somewhere — anywhere — minding my own business, trying to enjoy the scenery around me, when I realize I can't see anything. I'm not blind, but I'm still unable to see any trees or grass or even the sky. Something is obstructing my view.

When I open my eyes, I realize the awful truth ... this is no dream. Everywhere I look, there are massive billboards looming above me. The reality is, no matter where you may be, you can't escape the ceaseless barrage of advertising that pollutes our environment.

Whether it's in the form of billboards on every corner, magazine ads, television and even in public washroom stalls (there goes our last iota of privacy) we can never manage to evade those blasted logos and brand names. We've become so accustomed to this invasion that most of us barely even notice anymore. In fact, many of us contribute to the effort by metamorphosing into walking, talking billboards and advertising campaigns.



Halley McPolin  
*Opinion*

I know what you're thinking: 'Oh boy, is this going to be another pretentious lecture about the evils of wearing brand names across our chests?' Well, sort of. Although I'm not a big fan of paying to advertise for rich corporations and not seeing a dime for my efforts, I still believe everyone has the right to express themselves in whatever way they see fit. If that means paying big bucks to display three letters — starting with G and ending with P — so be it. But, before you take great pride in exhibiting the logo of your choice, I would suggest looking into the business practices of that company ... just for interest sake.

For example, recently the popular sportswear manufacturer Nike, had to shell out \$1.5 million (US) to the Fair

Labor Association after settling a 1998 lawsuit for false advertising. San Francisco consumer activist Marc Kasky, who filed the lawsuit five years ago, cites a California consumer protection law in saying Nike's public claims of protecting labour rights in their Vietnamese, Chinese and Indonesian factories was misleading. This is because, according to Kasky, Nike was aware of the poor working conditions (which include physical and sexual abuse in the factories, 14-hour days and the inability to earn a "living wage") when they publicly denied using sweatshops in Third World factories.

Personally, I would find it difficult to support a company that would allow such working conditions to continue and then lie to my face about it, much less sport their logo.

I suggest looking into Vancouver-based magazine Adbuster's new concept: the "unwooshers." Their idea of a counter to Nike is a fair-priced, fair-made running shoe designed specifically to "rethink the cool." For more information, check out [www.blackspotsneaker.org](http://www.blackspotsneaker.org).



### Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, **Spoke**, 299 Doon Valley Dr.,  
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N2G 4M4

## Spoke

*is published and produced weekly by the journalism students of Conestoga College*

**Editor:** Michelle Taylor

**Advertising Manager:** Blake Gall

**Spoke Online Editor:** Jason Middleton

**Production Managers:** Petr Cihacek,  
Aimee Wilson

**Circulation Managers:** Diana O'Neill  
Valentina Rapoport

**Photo Editors:** Carrie Hoto, Halley McPolin

**Faculty Adviser:** Christina Jonas

**Spoke's** address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

**Phone:** 748-5220, ext. 3691, 3692, 3693, 3694 **Fax:** 748-3534

**E-mail:** [spoke@conestogac.on.ca](mailto:spoke@conestogac.on.ca)

**Web site:** [www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)

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# Get ready to run for cancer

By MICHELLE TAYLOR

An estimated 21,100 women will develop breast cancer this year.

Five thousand of them will die from it.

Women around the world struggle with this disease every day, but the Canadian Breast Cancer Foundation (CBCF) is working hard to raise money to find a cure.

This year, CBCF's largest fundraising event, the Canadian Imperial Bank of Commerce (CIBC) Run For the Cure, will take place in 36 communities across Canada on Oct. 5.

In 2002, more than \$14.5 million was raised. It is expected that this year, the run's 12th, \$16 million will be raised and more than 160,000 Canadians will participate.

Locally, the run will take place at RIM Park, located on University Avenue East, Waterloo, at 10 a.m. You can either walk or run a five-kilometre or one-kilometre trail. Three thousand people are expected to participate and \$300,000 is expected to be raised. Last year, more than \$200,000 was raised and 2,300 people participated in the run.

Anyone interested in participating can register online at [www.cbcbf.org](http://www.cbcbf.org) or [www.cibcrunfortheure.com](http://www.cibcrunfortheure.com), or visit any CIBC branch or Running Room store.

There is a \$30 fee for anyone who has less than \$100 in donations. Anyone with \$100 donations or more or under the age of 18 can participate for free.

Final registration will take place at 8 a.m. on the morning of the race. However, if you happen to have a lot of money to donate, it must be deposited online or to any CIBC branch no later than Oct. 3 in

order to be eligible for the grand prize. The participant with the largest dollar-value donation at each run site will be awarded a trip to any North American destination sponsored by Air Canada.

Participants who are able to raise \$1,500 or more will have their name entered into a draw to win a 2004 Ford Escape XLT.

Local sponsors of the event include The Record, Tim Hortons, RIM Park and 96.7 CHYM FM.

In a memo from the Canadian Breast Cancer Foundation, officials said you don't need to be an athlete to be a part of "the excitement of the run." "You can run, jog or walk, help plan the event along with the team of volunteers in your community, sponsor a friend or colleague or simply send a tax-deductible contribution to show your support."

## FACTS ABOUT BREAST CANCER

■ Breast cancer is the most frequently diagnosed cancer in Canadian women.

■ Over 99 per cent of breast cancer is found in women; less than one per cent is found in men.

■ One in nine Canadian women will develop breast cancer at some point during her lifetime. One in 27 will die from it.

■ Twenty-two per cent of breast cancer occurs in women under age 50, 48 per cent in women between the ages of 50 and 69 and 30 per cent in women age 70 and over.

■ Lifestyle choices, such as not smoking, healthy eating and staying physically active, can play an important role in reducing breast cancer risk.

Source: Canadian Breast Cancer Foundation



(Photo by Christina Bramburger)

## Rainy days

Szasa Vamo, 20, a first-year architecture student at Conestoga College, takes shelter under his umbrella while walking to school on Sept. 19. Hurricane Isabel made its way into southern Ontario during the week causing flooding and torrential downpours throughout the province. Kitchener didn't receive much more than some high winds and constant rain. For additional photos, see Page 18.

# College considers purchase of Waterloo's University Heights

By CHRISTINA BRAMBURGER

Here we grow again.

Conestoga College is not closing any doors when it comes to possible land expansion for their 100-year plan.

The college is considering the purchase of the former University Heights secondary school in Waterloo.

"It just happened to be put on the block," said Conestoga College President John Tibbits at a college council meeting Sept. 15.

Conestoga was given first dibs to buy the building.

The school is already equipped with a woodworking shop and a welding shop, as well as a 3,000-square-foot teaching kitchen. These allow for the expansion of technical and preparatory programs.

The land has the potential to grow up to 200,000 square feet.

This allows a lot of room for the college's apprenticeship programs.

The college is looking for land now because of the number of industries buying up property in the area.

Land availability will diminish quickly and even if it is available

it will be very expensive in a few more years.

Due to the amount of space the former University Heights building will have, Conestoga might sell off its King Street site.

"The current Waterloo campus is too small to offer the service we would like," Tibbits said.

There is no room to increase that campus.

Tibbits said the deal with the City of Cambridge for 136 acres of land between Highway 401, Fountain Street and Morningside Drive is going well and there will be more news within the next three months.

# Conestoga College seeking student volunteers

By KRISTEN MCMURPHY

If you're searching for a way to get involved at Conestoga, the registrar's office might have the perfect opportunity for you.

A student volunteer is needed to sit on a new panel that deals with behavioural issues within the school.

Janeen Hoover, an associate registrar at the college, is searching for candidates for the position. "We need people to participate," she said.

The newly revised student code of conduct, outlined in the

Student Procedures Guide, explains the process involved when there has been a breach in the code of conduct. Hoover is encouraging students to read the modified policy.

"We need people to participate."

Janeen Hoover,  
associate registrar

Changes were made to the code of conduct so that students could clearly understand their rights and

responsibilities as a student at Conestoga College.

"We felt that there were a few gaps in the policy," Hoover said. "We think it's simpler to follow now."

If an incident occurs at the college that is considered very serious, it is sent to the panel to be reviewed.

The adjudication panel is made up of volunteers including one student, a faculty member and a support staff member.

The registrar's office is also seeking several student volunteers to sit on an academic appeal panel.

This group, entirely separate from the adjudication panel, consists of an academic administrator, a faculty member and students from different schools within the college.

The academic appeal panel deals with students who have appealed a final grade or discontinuance. Students present their case to the panel and a consensus is reached.

Hoover is on the lookout for volunteers who feel they will benefit the panel. "We want people who feel they have had experience within this environment so that

they feel they are knowledgeable when making a decision," she said.

Those wishing to apply for a position on the adjudication panel or the academic appeal panel must be full-time students in the second or third year of their program. Students must have good academic standing and should possess decision-making and critical thinking skills.

Orientation sessions will be held for prospective panel members. For more information on how to apply, contact Janeen Hoover at 748-5220, ext. 3705, or [jhoover@conestoga.on.ca](mailto:jhoover@conestoga.on.ca).

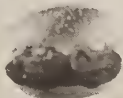
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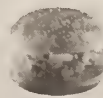
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# LRC looks like a million bucks

## The 5,600-square-foot expansion offers more resources and sunshine

By JEFF HEUCHERT

For returning Conestoga College students, the Learning Resource Centre might look a little different this year, and should continue to throughout the school year.

This is the result of the 5,600-square-foot extension to the LRC, which cost approximately \$1 million.

Director for the LRC Catherine Wilkins said the college recognized that it was time to expand the library.

"The student population is growing, there are more programs, there's more need for resources; really it was time to do this."

There's also plans for the large empty space that presently occupies the middle of the addition.

The space will be filled with more tables, which are expected to arrive in a few weeks.

After the tables arrive, the LRC will have an additional 50 tables and seat an additional 200 students.

**"The student population is growing, there are more programs, there's more need for resources; really it was time to do this."**

*Catherine Wilkins,  
director of the LRC*

Manager of information resources Francesco Lai, said they were looking to give students a larger area for quiet studying.

Aside from the addition, the LRC will be adopting new technology for many of its resources.

All of the tables along the new glass windows in the addition will be docking stations, which means they will be wired for data and power. This will allow students to



(Photo by Jeff Heuchert)

Francesco Lai, manager of information resources, and Catherine Wilkins, director of the Learning Resource Centre, stand inside the new addition to the LRC Sept. 19. This area will contain additional tables when they arrive.

bring their own laptops and plug them in at school. They are expecting to have 46 docking stations.

They are also adding two kiosks, which will be located between the addition and the reference area. Each kiosk will contain four computers, which will give the students access to electronic research.

The new area will hold two new stand-up OPAC machines, which will only allow you to search the school's catalogue.

They are hoping these machines

will free up the other computers in the library.

The LRC's computer system is also being merged into one, which will hopefully be totally up and running by January 2004.

The new system will integrate all the different functions of the library into one unit. All the catalogues will be web-based. The checking out, bookkeeping and reserves for AV and other equipment will all be part of the system, said Lai.

"This will allow the student to do quite a bit, almost like one-stop shopping, in that you just need your student card and item in question and it can be done electronically."

Students will also have access to their own accounts to check up on things like books that are overdue and items that were placed on hold and have come in.

This system was purchased with other colleges so the cost was split. Conestoga College spent approxi-

mately \$30,000.

Wilkins adds that they are doing a lot of work at building collections in the LRC. This includes electronic resources, print, books and periodicals.

"We're going to build on what we have, which is quite strong," said Wilkins, "but we're going to be building more."

Wilkins and Lai also don't want students to forget about the LRC website.

Wilkins said they want students to use the LRC website, which has gone through a major overhaul, because that's where students get to databases and can contact the LRC staff.

The website also contains a newsletter which will keep everyone informed on all the new changes and new resources available at the LRC.

The newsletter is available through the what's new icon on the LRC website.

Wilkins and Lai are also looking for students to become involved with the library.

They're looking for input on the LRC's resources, space, equipment and services.

Lai said it's important to get the students' feedback, because it's the students they're there for.

There will be a planning session advertised in the future.

The LRC website can be located by clicking on a link on the main page of the Conestoga College website. From there you can access web tools such as databases, search engines and directories. The website also provides subject guides, services and hours, style guides and writing tools. Any student can access these tools with their student ID number.

If you have any questions you can contact the LRC at 748-5220, ext. 3361.

# Casey's cross-Canada ride complete

By DAWN HASSON

Rick Casey has achieved his goal of raising awareness about mental health diseases with the completion of his amazing 8,000-kilometre bike tour of Canada on Aug. 20.

The disability services counsellor at Conestoga College began his journey on May 4 in Victoria, B.C., and finished in Cape Spear, Nfld. The idea began as a way for him to deal with the untimely death of his 19-year-old daughter.

Kyla Anne Casey died from a pulmonary embolism in September 2001, just a couple of days before the Sept. 11 terrorist attacks. Kyla had been diagnosed shortly after her 16th birthday with bipolar/schizoaffective disorder, a form of mental illness that includes severe mood swings and some of the psychotic symptoms of schizophrenia.

Casey and his family experienced many bumps in the mental health-care system road that delayed Kyla from getting the help she needed before her illness became worse. Health-care cutbacks hit the mental health field particularly hard. As the Casey family struggled with the sys-



(Internet photo)

Casey takes a breather on his 8,000-kilometre journey.

tem, it became evident that Kyla needed help at the earliest stages of her diagnosis to stabilize the disorder and help her recover from it.

Casey said he thought a bike ride across Canada was a little crazy. "But I had to deal with the death of my daughter. Other families dealing with this type of situation need to know they're not the only ones."

The most rewarding parts of the trip were the support he received from his family, the Canadian Mental Health Association (CMHA), friends and others. Casey spoke at various branches for the CMHA along his route. He raised an estimated \$15,000, with donations still coming in.

"But it's not the money that's

important. My goal was to raise awareness and I did," Casey said.

When asked if he could, would he go back in time and change what he did in response to his daughter's death, Casey said he probably would do the same thing. But, he said, he probably would have given it more planning.

"I would have given it a longer timeframe. I wrapped the trip up in about four months. Maybe someone a bit younger could have done that, but for me it was, well, tiring," he admitted with a chuckle. Casey also admitted that he would have liked to squeeze more sightseeing into his schedule.

"It's a beautiful country. I would have liked to have looked at it a bit more. And, perhaps, I could have planned (the trip) better and taken a bike trip to each province."

However, Casey did travel with his digital camera and took about 400 pictures. Among the other things that Casey took with him were bottled water and food.

He relied primarily on his own resources for the trip, which included the cost of equipment, airfare and meals.

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# Drug & Alcohol Awareness Week is here!

Learn what you need to know to party and live safely as a student at Conestoga College

## September 29

Drug and Alcohol Awareness Week

Smart vs. Stupid Stoners (8:00 p.m.)- Spend a provocative evening with Steven Hager, Editor-in-Chief of High Times magazine as he tells you how not to smoke your brains away.

## September 30

Drug and Alcohol Awareness Week

Stay Alive, Don't Drink and Drive (11:30 a.m.) - educational and real videos from the Student Life Education company and Mothers Against Drunk Driving will help you stay alive and remain the life of the party, long after the drinking has stopped.

## October 1

Drug and Alcohol Awareness Week

Student Life 102 (11:30 - 12:30) - CSI Events Programmer Jody Andruszkiewicz will be on stage telling his stories of student life and how Conestoga students can party safely and have a great time.

## October 2

Drug and Alcohol Awareness Week

"Safe Clubbing" (11:30 - 12:30) - Join Const. Pete Barbuto from the Waterloo Regional Police as he tells it all in a frank and open discussion about drugs used in nightclubs and what they can do to you.

Thirsty Thursday (9:00 p.m.) - Join the CSI in the Sanctuary for Thirsty Thursdays - great music, frosty beverages and free prizes - and party it up safely!

The fun and pleasure begins Monday in the Sanctuary

**C O N E S T O G A**  
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# 'Come out' to the GLBT at Conestoga

*Support group starts a new year, with first meeting scheduled for tomorrow*

By RYAN CONNELL

A gay, lesbian, bisexual and transgendered support group is starting up again this week at Conestoga College to provide students with peer support and the opportunity to meet others.

The group was organized by Student Services to allow students to open up about their sexuality and get support from students who have faced or are facing similar problems such as "coming out."

Student Services counsellor Barb Kraler said it is important to have a group to support gay, lesbian, bisexual, and transgendered (GLBT) students on campus.

"If statistics are right, there should be one in every 10 students (that are GLBT)," Kraler said. "And yet students feel for a variety of reasons that they are unable to come out."

The most common issue discussed at the meetings is coming out, whether it is to other GLBT friends, heterosexual friends, or to family.

Kraler said the support group is also a good way for students to be able to network and meet other GLBT students, and is not necessarily a place just to console each other.

**"If statistics are right, there should be one in every 10 students (that are GLBT)."**

*Barb Kraler,  
Student Services counsellor*

If a student feels they are not at the stage to meet other students, counsellors in Student Services are gay-positive and can offer support.

"It's all about what the person's concerns are," Kraler said.

"A lot of the individual concerns



(Photo by Ryan Connell)

Student Services counsellor Barb Kraler checks out the gay, lesbian, bisexual, transgendered message board that is available to students on the college website.

are about coming out and things like 'why do I feel this way,' and 'who am I going to tell?'"

Student Services also has pamphlets that deal with issues like coming out to yourself, to other GLBT people, and to heterosexuals.

Kraler said she would like to see the day come when GLBT activities are not counsellor-run, but are organized by Conestoga Students Incorporated (CSI) instead.

The GLBT group at the University of Waterloo is organized by the students association instead of Student Services.

The campus support group called Gays and Lesbians Of Waterloo (GLOW) is the longest running GLBT organization in Canada.

The group is not restricted only to

University of Waterloo students but is open to everybody in the community as an additional resource. Students can find out more information about GLOW by visiting their website at [www.glow.uwaterloo.ca](http://www.glow.uwaterloo.ca).

Another support group is the Parents, Family and Friends of Lesbians And Gays (PFLAG), which meets to promote the health and well-being of GLBT people, their families and friends.

PFLAG members meet to share family stories in a safe, non-judgmental atmosphere and to offer support in welcoming sons' and daughters' partners into their families.

PFLAG also offers ways to accept family members and friends for who they are and for their sexual orientation.

The Guelph & Kitchener-Waterloo PFLAG chapter meets every third Friday of every other month from September through May.

**"I'm really hoping that because we've got the message board this year, that it will promote the group in a different way than advertising."**

*Kraler*

More information about the organization can be found at [www.rainbow.on.ca/pflag1.htm](http://www.rainbow.on.ca/pflag1.htm).

At Conestoga College's Doon campus, a GLBT message board was created on the Conestoga web-

site for students who feel that because of their coming out process, they are not at the stage in their life where they want to come out to a group of people or visit the Student Services office yet.

The message board, which started in February, can be used to discuss issues facing the GLBT community.

It's also a place to support personal journeys, and share information about events on campus or in the community.

"I'm really hoping that because we've got the message board this year, that it will promote the group in a different way than advertising," Kraler said.

"I feel that people are already getting support from one another (on the board)."

Kraler monitors the website daily to ensure that messages posted do not infringe on the human rights code or standards of conduct outlined in the Student Procedures Guide.

Students have to subscribe to the message board with their name and phone number before they can post messages to protect against inappropriate remarks and to ensure that only students are using the board.

Students can keep their identity a secret on the board if they wish.

Students can access the message board through the Conestoga College website at [www.conestogac.on.ca](http://www.conestogac.on.ca).

Users must click on the Student Services/Resources link, then on the Student Services link, to the GLBT message board icon.

Students who are interested in attending the weekly meetings on campus are able to get more information about where they are being held on the GLBT message board, by visiting the Student Services office, or by contacting Barb Kraler at [bkraler@conestogac.on.ca](mailto:bkraler@conestogac.on.ca).

The first support group meeting takes place on Sept. 30 at 4:30 p.m.

## CALLING ALL GLBT STUDENTS

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- \* Looking for a place to express your views

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**GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS**  
and see what its all about.

**Location: Doon Campus**

**Starting Tuesday, September 30<sup>th</sup>, 4:30 – 5:30**

**For more information and room location contact Barb [bkraler@conestogac.on.ca](mailto:bkraler@conestogac.on.ca) or inquire at Student Services.**

## Conestoga grad wins international award

By JAMES CLARK

A graduate of Conestoga College's resource management program is the winner of an international volunteer award.

Jaymie Berry is the recipient of the American Production and Inventory Control Societies (APICS) Student Voluntary Service Award.

It is to be presented at the APICS international conference held in Las Vegas, Nev. Oct. 6-9.

Berry was chosen as the winner because of the time she devoted to helping her classmates, and because of her involvement in APICS and the Purchasing Management Association of Canada (PMAC).

Both organizations are dedicated to the education, training and development of its members in the field of business.

Berry volunteered around 15 hours of her time to these causes

and worked between 16-24 hours a week while attending more than 20 hours of classes at Conestoga.

Berry said that her volunteer work didn't interfere with her schoolwork.

"It really didn't seem like that much time," she said. "A couple hours one night, a couple hours another."

She said that she would have never even been nominated for this award had it not been for the resource management program at Conestoga.

She said the course is intense and that the faculty is dedicated to getting their students involved in activities outside of the classroom.

"I wouldn't have been recognized if I attended another college," Berry said.

During her final month of school, she was hired at NCR in Waterloo where she is presently employed as a buyer analyst.



# What to wear - don't be a fall faux pas

By JENNIFER ORMSTON

The start of the school year is a sign that the relaxed days of summer are over and with them goes summer wardrobes. It's time to seriously consider fall fashions.

What is popular this season?

Fashion is simply defined by the popular styles at any given time. To figure out what is "in" this fall, just flip through the pages of any fashion magazine.

A rundown of this season's hottest fashions should begin by mentioning the trendy mini skirt. Every style magazine from Vogue to Seventeen is filled with models dressed in shockingly short skirts. These fashionable minis are generally denim or corduroy.

Bomber jackets are the most stylish option for chilly nights. Actresses Claire Danes and Jessica Alba have been spotted sporting pastel bombers. Blazers and corduroy jackets are another popular coat alternative.

Black and white is always in style. A great way to wear this classy colour combination this season is to put a white button-down shirt with a black skirt or pants.

Celebrities such as Kate Hudson, Vanessa Carlton and Salma Hayek have recently been seen dressed in black and white. The old rule that

white can't be worn after Labour Day is clearly outdated.

Vintage clothes with a modern twist are also making a comeback. Models and advertisements show men and women wearing high-top sneakers and worn-in vintage jeans.

The resurrection of past styles includes one of the most well-known icons from the '80s: leg warmers. On a similar note, knee socks and thigh-high tights are also popular this fall.

Retro running shoes continue to be popular this season. Several companies, including Reebok, Nike and Diesel, have recently come out with new styles. These shoes are a great way to brighten up an otherwise dull outfit.

The styles, worn by models on the runways of Paris and New York, are not always appropriate for everyday life. So it is also interesting to take a look at what Conestoga College students are wearing this fall.

Most students interviewed in a random survey in the Sanctuary on Sept. 8 said their favourite fall trend is the mini skirt.

Although the mini skirts seen in magazines are exceptionally short, all of the Conestoga students who wear them said they wouldn't wear ones that were shorter than mid-thigh.

A majority of students also said

that they could best describe their fashion style as casual; jeans and t-shirts are what the students prefer to wear. Corduroy pants are also popular among the student body.

Conestoga students are not attracted to the old trends that have been resurrected. However, Nicole Plourde, 19, a first-year accounting student, does know a girl who bought leg warmers the other day. "She wore them out last night," she said.

The majority of students also said that the media has an influence on the clothes they wear.

Brad Patterson, 17, a first-year marketing student, said the media plays a role in everyone's fashion outlook.

"It kind of puts ideas in your head," he said, "ideas you wouldn't get from anywhere else except from the media."

Friends' opinions are another influence that some students take into account when making fashion decisions.

Paige Hilton, 18, a first-year journalism student, said that her friends play a role in her clothes choices. "I like to hear their opinions when we go out shopping," she said. "I like to know what they think looks good on me."

Conestoga students said they would spend approximately \$250 on clothes this season and West 49 is the most popular store.



Plourde



Hilton



Patterson

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# Prague: cheap beer, rich history

By PETR CIHACEK

If you are lucky enough to afford a trip to Europe, the Czech Republic and its capital, Prague, should be on your list.

Although it is an ancient city that has architecture that can easily immerse you into medieval times, Prague is a place where youth from all around the world come to party.

"There's a great nightlife," said Jiri Skliba, who has recently graduated from a Prague university. "There are great concerts."

The legal drinking age in the Czech Republic is 18 and it is easy to stay up the whole night in the city because some taverns and clubs never close.

Because of the weak Czech currency, Canadians also appreciate the affordability of food and beverages. The Czech Republic is famous for its delicious beer and you can get a pint of original Czech Pilsner for a loonie. Skliba said the city centre is more expensive than the suburbs where you can get a beer for no more than 50 cents.

But it would be a shame to spend your whole trip in a pub as the

Czech capital has much more to offer.

Prague, or Praha, as it is called in Czech, has the status of being the most beautiful central European city, probably because of the numerous ancient buildings bordering both banks of the marvelous Vltava River.



(Internet photo)

Even Quebec City, North America's oldest city, seems to be just a teenager by comparison to Prague as the ancient Slavs started building their settlements in the region as early as the seventh century.

The famous Prague Castle, which is the largest ancient castle in the

world, was built in approximately 880. Every year, it is visited by tens of thousands of tourists who usually take at least half a day to tour the castle and the surrounding palaces and monasteries.

Prague Lesser Town and its famous Charles Bridge is another popular tourist destination. There are also many interesting places in Prague New Town that, despite its name, was founded more than 600 years ago. Some of the features are the Wenceslas Square, the monumental National Theatre and the mysterious Faust House where medieval magician Johannes Faust supposedly sold his soul to the devil.

The historical core of the city has not changed since the ancient times and that is why it has become the location of many Czech and foreign movies such as Mission Impossible, XXX, Amadeus, The Bourne Identity and Shanghai Knights.

But not all places are that pretty. Some suburbs of the city are a sad reminder that the Czech Republic, then Czechoslovakia, was for four decades under a Communist regime that was obsessed with building hideous greyish apartment



(Internet photo)

The famous Prague Castle attracts tens of thousands of tourists from all around the world each year.

buildings that all look the same and leave little room for grass and trees.

If you decide to stay in the downtown, watch for the gangs of pickpockets preying on tourists in subways and around hotels. Those people are usually professionals who learned their "craft" when they were children.

Therefore, you should be extra

careful and watch your wallet and passport all the time.

Unfortunately, travelling to Prague is not cheap as the flight is between \$700 and \$1,000. But once you are there, you have an opportunity to visit other countries since Germany and Poland are approximately 100 kilometres away and Austria and Slovakia are fairly close as well.

## Survivor Conestoga helps students cope

By MIKE WILSON

There will be a workshop this Thursday to help international students adjust to Canadian culture and help them deal with health, safety and financial issues.

Survivor Conestoga: Health, Security and Relationships is a new idea this year from a new committee known as the international student health and safety committee, which consists of members from security services, health services, Student Services and the international office.

"We were all in our own areas seeing these problems arise."

Trish Weiler,  
health service

There will be two sessions. The first will run from 3:30 to 5 p.m. and the second will be held from 5:30 to 7 p.m.

Trish Weiler, a nurse with health services at the college, will be running a booth to let people know about on-campus health facilities. She said the idea of having a workshop made sense because international students tend to have the same problems every year.

"We were all in our own areas seeing these problems arise," said Weiler.

She said it was Melanie Reed, an English language studies teacher, who came up with the idea of having a workshop to address the common problems.

Weiler is representing health services at the workshop and said, "A big part of keeping people

healthy is cutting down on the ability of a disease to transfer from one person to another."

Weiler will work to that end by letting people know about good hand-washing techniques as well as telling them not to share toothbrushes, drinks or cigarettes, particularly in residence where it is a "much tighter community."

Another aspect of the health portion will be healthy sexuality. As part of their course, sixth semester nursing students will run a booth to raise awareness of contraceptives, sexually transmitted diseases and Canadian attitudes toward abortion.

Keith Martin and Shauna Bernard from Student Services will discuss safe relationships and help international students understand what a normal relationship is like in Canadian culture.

"It's about students knowing what is appropriate and what is not. Is this Canadian culture or is it inappropriate?" said Bernard, a counsellor.

"It's about students knowing what is appropriate and what is not."

Shauna Bernard,  
counsellor

She said there are sometimes problems with students not knowing what things should cost. Compounding the problem, some international students come from places where banks are less common and may come into the country with as much as \$10,000 in cash.

She said there have been situations where students have paid as much as \$1,000 for an apartment upfront and haven't gotten a receipt.

"A lot of students have the perception that Canadians are friendly, they say hello to you, but they don't know what they should do if someone takes advantage of them."

Karen Vanderkruk, from the international office, will give students information to stop them from being ripped off and tips on

taking care of their money by running a booth dealing with financial issues.

Bernard also said students aren't familiar with Canadian law and don't know who they should call in case of an emergency.

To combat that problem, a guest speaker from Waterloo regional

police will be at the workshop.

Also, security services will be dealing with on-campus safety at the workshop.

Roger Sharpe will discuss security on campus, and student volunteers from the Walksafe program will let people know about the services they provide.



(Photo by Michelle Taylor)

### Soaking it all in

Students study while sitting on the benches by the pond behind the cafeteria on Sept. 18.





Second-year police foundations student Steve Gill (left to right), 20, first-year journalism student Kurtis Nelson, 19, and second-year engineering student Kyle Dezort, 20, show off the three crates of beer cans they have collected.

(Photo by Jennifer Howden)

# Beer can bonanza

By JENNIFER HOWDEN

Residents in Conestoga's Residence & Conference Centre finally have a good excuse to drink beer.

About twice a week the residence advisers (RAs) go door to door collecting empty beer cans and redeem them for charity.

"We noticed a lot of people were just leaving their empty cans in the hallway," said resident adviser Kathleen Bahen. "We wanted to do something about it so we started to collect them."

The empty cans will be returned to The Beer Store and redeemed for 10 cents each.

Glass bottles are not allowed on residence property and if they are found they are confiscated. Those confiscated bottles are also being returned to The Beer Store.

When the RAs brought back the first batch of cans on Sept. 23 they had collected 400 of them, which raised \$40.

The money will be donated to a different charity every month.

The charities are chosen by the RAs and sometimes residents will get the chance to suggest their favourite charities as well.

"We'll ask people which charities they want to help out so they can get involved in something they are passionate about," said Bahen.

**"Most people think it's a great idea and everyone is enthusiastic about it."**

*Kathleen Bahen,  
resident adviser*

For the month of September the charity of choice is The Hospital for Sick Children.

Affectionately called Sick Kids, the hospital is one of the largest pediatric academic health science centres in the world, with an inter-

national reputation for excellence in health care, research and teaching.

Although Sick Kids meets the basic health needs of children who live in Toronto, more than half its patients come from outside the city, including from other parts of Canada and from around the world.

Bahen said most people have had a positive response to the can collecting.

"Most people think it's a great idea and everyone's enthusiastic about it," she said.

## COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

### Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank... I'm not cut out for this
- I have to get an "A".
- I'm going to mess up and look stupid.

### Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck---what a loser!
- Everyone's finished but me---I must be dumb.

### Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course---how can I do that?

### Worry about bodily reactions:

- I feel sick---I'll never get through this
- I'm sweating all over
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Student Services to learn some effective test anxiety reduction strategies;
- Join a Test Anxiety group (check Spoke or visit Student Services to find the next available group);
- Join a Relaxation group for help with the physiological symptoms (check Spoke or visit Student Services to find the next available group);
- Read Edmund Bourne's *Anxiety and Phobia Workbook* in the LRC;
- Sign up for the Anxiety and Personal Performance Elective (Test Anxiety option) in Student Services.

A Message from Student Services

## TEST ANXIETY WORKSHOP



### DO YOU DO THE FOLLOWING?

- ♦ Complete your work, are successful on assignments, but your test marks pull you down.
- ♦ Get so nervous that you feel sick to your stomach.
- ♦ Experience panicky sensations and find that your mind goes blank before or during a test.

### SIGN UP FOR A TEST ANXIETY WORKSHOP!

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B04) before Tuesday, October 21<sup>st</sup>.

Common hours will be selected from submitted student timetables.

This "four session" group is available beginning the week of October 27<sup>th</sup>.

Workshop Facilitator - Joan Magazine

# UpTown

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UpTown Waterloo is full of back-to-school savings! Participating businesses in UpTown Waterloo wish to welcome the students back to school, and we encourage you to explore the many shops and services that await you in UpTown Waterloo! To help with your student budgets, these participating businesses are offering special student discounts (*student identification must be shown*):

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**Uptown Eyeworks**  
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**Wycks & Wyshes**  
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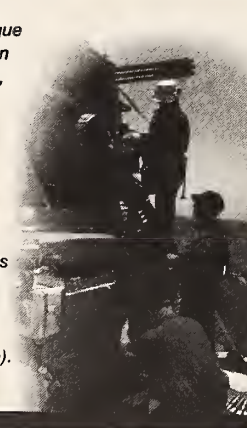
OU

au paiement du reste de vos cours\*\* avec rémunération pendant vos études, et à un emploi assuré après l'obtention de votre diplôme.

Pour découvrir toutes vos possibilités, veuillez communiquer avec nous dès aujourd'hui.

*\*Les cours et métiers admissibles comprennent : technicien/technologue en génie électronique, technicien en génie informatique, technicien en informatique ou en réseaux d'informatique, technologue en radiologie, technicien en télécommunications, technicien en communications sans fil, ingénierie des télécommunications.*

*\*\*Les cours admissibles au programme d'études subventionnées comprennent : ordinateurs et information, communications, ou systèmes de régulation — électronique, télécommunications, ou technicien en systèmes d'information électronique — ordinateurs, génie des réseaux informatiques, ou technicien en télécommunications — communications sans fil, ou technicien de réseaux informatiques sans fil — communications, ou ordinateurs, technologie du génie — technicien à l'entretien et à la réparation d'automobiles — entretien d'avionique de bord, ou programme de technique du génie (avionique).*



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Canada



# Students learn to make baby food

By DESIREE FINHERT

An easy way to ensure your baby is getting a nutritious meal is to make the food yourself.

Learn how by enrolling in the continuing education course Making Your Own Baby Food at Conestoga College. The next session will be held Feb. 28, 2004.

Instructor Karem Kalin, 29, said parents can ensure that they are giving their baby proper nutrients by preparing a variety of foods like asparagus, avocado and broccoli. These vegetables are good for babies but not cost effective for baby food companies to make.

"I think the three most important reasons why you would want to make your own baby food are: variety of the foods, the taste and texture," said Kalin, who taught the course for the third year on Sept. 13 at Conestoga's Waterloo campus. "You can make a more gradual change in taste and texture instead of going directly from a puree to a junior food."

As a baby matures, their mouth develops the ability to move food from their lips to the back of their mouth, which allows them to swallow first purees and then lumpier foods.

Kalin's course warns that babies should not be force-fed because they will develop an unhealthy relationship towards food, which may cause eating disorders.

When feeding, parents should let the baby determine when he wants to eat more and when he is full.

Babies have no emotional attachment to food, unlike adults, and therefore they will never starve themselves or overeat. They should be actively encouraged to eat at their own pace.

It is at this stage in life when feelings towards food begin, which is why parents should encourage good eating habits.

Student Glen Cantwell, 32, became a father three-and-a-half months ago when his daughter Amara was born.

Cantwell said the one concern he had before taking the course



(Photo by Desiree Finhert)

Student Glen Cantwell, 32, mashes fruits and vegetables during Conestoga College's continuing education course at its Guelph campus which teaches you how to make your own baby food.

was making sure he and his wife got cues from Amara on when she wanted to eat.

"I do most of the cooking at home so it's kind of an extension of that," said Cantwell, who is a frontline supervisor for a company manufacturing subsystems for satellite communications.

"If we are going to do this type of thing at home than I want to know that she's getting the proper nutrients from the vegetables that I'm going to cook."

The course explains ways to make your baby feel safe when eating. For instance, parents should face their child so the baby can see the spoon coming towards him. This also helps the child feel comfortable when introducing new foods.

The course teaches good habits like keeping mealtimes calm, interacting with your baby, including children at the family table, offering meals at regular times and not snacking in between.

Kalin provides two booklets of

do's and don'ts including a list of high-risk allergy foods and when it is safest to introduce peanuts, egg whites, chocolate and other allergenic foods.

Student Shelley McConnell, 36, has a five-and-a-half-month-old daughter named Grace, who is

**"I do most of the cooking at home so it's kind of an extension of that."**

*Glen Cantwell,  
student*

allergic to many foods already.

McConnell said her daughter has had severe eczema since she was two-weeks-old and that Grace's sheets are covered in blood from her skin cracking.

"We've tried many different kinds of homeopathic, naturopathic and prescriptions, but still her allergies, her eczema seems to be so severe," said McConnell, who is a child-care supervisor.

"I'm also worried about introducing foods that she could have sensitivities to."

McConnell said after taking Making Your Own Baby Food she has an understanding of what foods tend to be more allergenic.

"It was very interesting to learn the different foods that you could make, that you typically wouldn't eat yourself, like tofu," said McConnell. "I don't eat tofu, but I'll try it."

Kalin, who is a registered dietitian, encourages parents to feed their babies nutritious foods that are high in fat such as whole milk and cheese, because babies need fat for brain and nerve development.

Cereals, like rice and oatmeal, are necessary for rapid growth and should be introduced when a baby is six-months-old and their iron store has been depleted.

Kalin's notes said spinach, beets, turnip and carrots shouldn't be introduced until the baby is six months-old, because they contain nitrates, which can cause the heart

condition blue baby.

Blue baby is caused by anything preventing blood transfer between the right and left sides of the heart without going through the lungs.

"Nitrates interfere with the hemoglobin in the bloodstream," said Kalin, who works for the Region of Waterloo's public health department as a nutrition consultant. "It doesn't allow the blood to carry oxygen very well. After six months you don't really have to worry about it, but it is something to keep in mind."

Kalin said making your own baby food is less convenient than going to the store and buying a jar of food, but making it is not time consuming.

"If you're having chicken, peas and potatoes for dinner it's just a matter of grinding up what you're having," said Kalin, who prepares the recipes she teaches in class for her 18-month-old son, Walker. "You can do it right at the dinner table. Or you can take an hour on the weekend and make big batches and freeze them."

Student Wendi Jacob, 37, just had her first baby and is taking the course because she wants to give her four-and-a-half-month-old daughter, Katarina, something more nutritious than what is found in commercial baby foods.

"What I hope to gain from this course is more insight than just grinding up vegetables and fruit," said Jacob, who is a design engineer.

A baby's tastebuds are sensitive and do not like strong flavours like salt, sugar and spices, which parents should avoid adding to their food.

Class handouts include guidelines from the Canadian Health Food Association on when to introduce your baby to solid foods and the physiological reasons why.

The class dispels the dangerous parenting myth that mixing pablum and formula in a bottle will help the baby sleep.

In actuality, sleeping through the night is a learned development that babies will mature towards and pablum in a baby's bottle may cause choking.

## SUICIDE PREVENTION WORKSHOP

Thursday, October 30<sup>th</sup>  
1:30 - 3:30 p.m.

Location: 2E18

FREE Information Session for  
College Employees and Students



(Photo by Desiree Finhert)

Glen Cantwell is the proud father of three-and-a-half month old Amara. Cantwell is attending the Conestoga College continuing education course Making Your Own Baby Food.



# Security keeps Conestoga safe

By JENNIFER MENDONCA

If you are worried about your safety while on campus after hours, don't be. Doon is a safe campus, according to Al Hunter, chief of security at the college.

The college takes several measures to ensure student safety including well-lit parking lots at night and a successful Walksafe

## Many measures are taken including Walksafe program and cameras

program, said Hunter.

Walksafe, which operates out of security services, provides students with an escort to their cars Monday through Thursday nights.

"I think our Walksafe does a very good job at keeping our comfort level up," said Hunter.

Walksafe can be accessed a number of ways.

"We have a station set up just inside Door 6 in the E-wing. We have another station set up right by the bookstore, and you can also call directly to security."

The college will also be installing emergency phones in some of the parking lots and hallways, which will provide a direct link to security 24 hours a day.

In addition to the safety measures provided by the college, students are encouraged to develop their own good habits, said Hunter.

These should include following the buddy system especially when alcohol is involved.

"Have a plan when you're out. If you're under the influence of alcohol it's a good idea to stick together and look out for each other."

Another important safety tip is to avoid shortcuts and walking in poorly-lit areas.

"This increases a person's safety level because most offences happen under the cover of darkness or out of sight," said Hunter. "Frankly, we don't have a lot of problems on campus but these actions increase your confidence and comfort level."

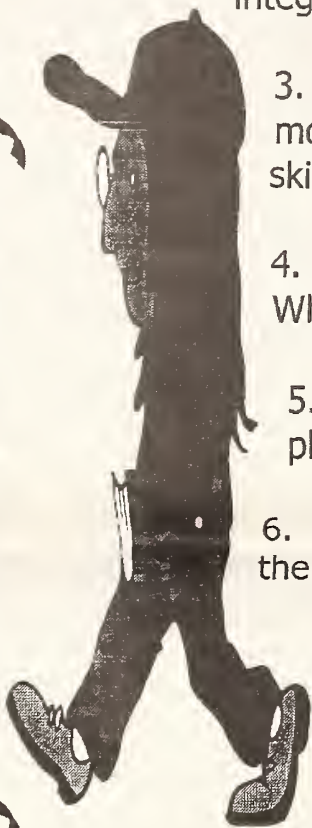
The last incident reported on campus occurred two years ago when a female student reported a male approached her carrying a knife in one of the doorways, said Hunter.

"It's just an awareness issue. We don't get very many complaints of that nature here."

If you have any concerns you can reach security services at 748-5220, ext. 3357, or visit them in room 2B10 in the main building of the college.

## STUDY TIPS FROM A MASTER SLACKER

1. **Learn your most difficult material first** and review it last.
2. **Actively learn difficult to remember material.** Use mnemonics and integrated concepts.
3. **Read once very carefully for content,** highlighting only the most important material and making margin notes. Review by skimming the highlighted parts.
4. **Try to study when your mind is receptive to learning.** When you're tired or distracted you can't learn effectively.
5. **Try to recap in your own words.** Sum it up in a word or phrase.
6. **Read the instructor's mind.** Pay close attention to topics the instructor repeats, writes down or asks questions about.
7. **Participate in study groups.** Teaching is a great way of learning.
8. **Take excellent notes** and review them before class each day. A little maintenance of your learning is much easier than relearning later.
9. **Make studying your last activity** before sleeping. (something may stick!)
10. **Break up your study periods** with short (5-15 minute) non-thinking breaks.
11. **Involve as many of your senses** as you can in your learning. Lecture, reading, writing, drawing (doesn't have to be good) or anything that will make your learning active.
12. **Get test-smart.** Find out about test-taking strategy and practice it.
13. **Make the material meaningful.** Think of examples in your life.
14. **Think about what you've been learning** while going to sleep, waiting in lines and other down time.



studyskillsstudyskillsstudyskills

You  
Spoke  
it, we  
wrote  
it!



# CSI Events for October 2003

Enjoy awesome festivities  
provided by your student  
association!

**C O N E S T O G A**  
**S T U D E N T S I N C .**

September 29	September 30	October 1	October 2	October 3
Drug and Alcohol Awareness Week  Smart vs. Stupid Stoners with Steven Hager, Editor-in-Chief of High Times magazine 8pm in the Sanctuary Tickets \$10	Drug and Alcohol Awareness Week  Bacchus Drinking Awareness in the Sanctuary @ 11:30am	Drug and Alcohol Awareness Week  Student Life 102 in the Sanctuary @ 11:30am	Drug and Alcohol Awareness Week  Safe Clubbing in the Sanctuary @ 11:30 am  Thirsty Thursday in the Sanctuary @ 9:00pm	
October 6	October 7	October 8	October 9	October 10
Gaming Mondays  Glen & Mark Comedy Variety show in the Sanctuary at 7:30pm	Theatre Tuesdays		John Beuhler Comedy in the Sanctuary (1:30 - 2:30)	
October 13	October 14	October 15	October 16	October 17
Thanksgiving	Theatre Tuesdays		CSI Annual General Meeting  College Night Oktoberfest at Queensmount	
October 20	October 21	October 22	October 23	October 24
Gaming Mondays  CSI Board Elections  Open Mic Monday	Theatre Tuesdays  Student Forum	Gavin Stephens Comedy in the Sanctuary (11:30 - 12:30)		
October 27	October 28	October 29	October 30	October 31
Fright Week Begins  Movie Day in the Sanctuary	Fright Week  Movie Day in the Sanctuary	Fright Week  Movie Day in the Sanctuary	Fright Week  Movie Day in the Sanctuary  Halloween Blowout in the Sanctuary @ 9:00pm	Halloween

**Check the Id Boards for more info!**



# Ticketmaster introduces auction idea

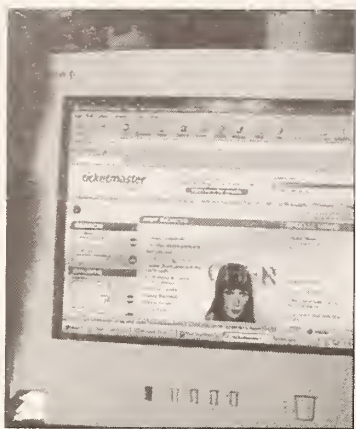
By CARLA KOWALYK

Concert-goers across North America may not be buying their concert tickets the way they're used to. Ticketmasters in Canada and the United States have implemented a new way for concert fans to purchase their tickets - through an online auction.

By the end of the year, this new ticket buying option will be available for artists to choose if they please. The best seats for a concert will go to the highest bidder, either a devoted fan, or one with deep pockets.

Patti Babin, national director of promotions and publicity for Ticketmaster Canada, stressed that Ticketmaster does not make any decisions with regards to selling tickets.

"All decisions such as pricing, location of seats, when tickets go on sale, the number of tickets that are used for promotional activities and whether there will be pre-sales are made by our clients who are the



(Photo by Carla Kowalyk)

By the end of the year concert fans may be competing for good seats.

owners of the tickets we sell - Not Ticketmaster."

There are two main reasons why auctioning off tickets will soon become an option.

According to Babin, there are already a large number of tickets being sold over the Internet on auc-

tion sites. The people who are selling these tickets, for prices far exceeding what they paid for them, are scalping.

"They are making a lot of money," Babin said. "Through Ticketmaster auctions, the money would be going to the artist - the person who is actually putting on the performance, not some guy on the street."

Babin pointed out that when concert-goers purchase tickets through a resale auction that they are taking a huge risk.

"The tickets could be counterfeit, stolen or even fake," Babin said. "If the event cancels, the person that you bought the tickets from gets the refund and they have your money too. The refund goes to the original purchaser. Good luck trying to find them to get your money back."

All the money made from the auctions goes to the artist to divide amongst the promoters, teams and venues. However, an artist can choose to donate some of the

money to charity and set the amount people can bid on a ticket.

Babin said she thinks the idea is a great one and that fans may benefit from it.

"This process could be used to lower tickets just as much as raise them."

Josh Hicks, 18, a first-year electrical engineering student doesn't share Babin's enthusiasm for the auction.

"I think it's going to end up ripping people off," Hicks said. "For certain concerts people are going to be spending way more than they should be."

Matt Metcalfe, 21, agrees that the price of concert tickets is way too high and that the auction will be charging people more than they should be paying.

"It's just another scheme to make a bigger buck," said the second-year electronics engineering technician student. "I'm against this idea because I don't see it going any other way then bringing up the

price of a concert ticket."

Metcalfe said any artist using this auction option is greedy.

"I would lose a little bit of respect at that point," Metcalfe said. "People in the music profession claim it's a profession of passion. Sure, the musicians are trying to put their work out there, but in the end it's all about the buck."

Kate VandeVen, a third-year journalism student, said she would use the auction option if it was for a concert she really wanted to see, but that if the tickets got really expensive she'd give up.

VandeVen said she would frown on artists who auctioned off their tickets.

"When an artist wins an award they talk about how it's for the fans," the 24-year-old said. "I think it's a sellout. If the artist really cared about their fans and wanted them to come see them, it shouldn't matter what the ticket prices is. They could lose a lot of respect."

## CONESTOGA COLLEGE BOOKSTORE

&



## RING DAYS

**10% OFF SALE**

October 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>  
**Foyer Inside Door #4**

11:00 a.m. - 2:00 p.m.

## Underworld: big on action not on plot

By JAMES CLARK

Soon after the new-age horror movie *Underworld* begins, it becomes obvious that director Len Wiseman has a background in producing music videos.

Through the entire movie Wiseman concentrates on making three-minute scenes tell a single story instead of connecting them together to provide the audience with an appealing plot.

Loaded with action that has no relevance to the movie and rip-offs from recent popular movies like the *Matrix* and *Blade*, *Underworld* struggles to find its own through the entire two-hour running time.

"The only light in this bleak movie is how much director Wiseman accomplished with a budget of only \$22 million."

Kate Beckinsale, Ben Affleck's love interest in *Pearl Harbour*, stars as Selene, a vampire that is part of an army that has been waging war on werewolves, known as lycans, for centuries.

This is an interesting premise for a movie. The problem is the viewer is not able to get emotionally involved with the characters to really care who wins the battle.

In between scenes of pointless gun battles and dry dialogue, Selene falls in love with Michael Corvin, played by Scott Speedman

from the television series *Felicity*.

Corvin is a direct descendant of a family that has both vampire and lycan blood. It is the lycan's goal to make Corvin into a creature that has the powers of both beasts.

It is of great importance for the vampires to stop this creation because it will give the werewolves the upper hand in the war.

How the lycans will control the beast is not made clear to the viewers.

Each enemy also has their own secret weapons to destroy their foes. The lycans use bullets that somehow contain daylight and the vampires have bullets that contain some sort of liquid silver.

No, this is definitely not your standard silver bullet, bat flying through the darkness horror movie. These creatures of the night use cellphones, dress in black leather outfits and drive slick-looking sports cars.

The only light in this bleak movie is how much director Wiseman accomplished with a budget of only \$22 million.

Shooting the movie in Budapest allowed Wiseman to make the movie appear more authentic. This location also proved cheaper than building sets in Hollywood or using computer generated-images.

It also allowed him to make a movie that appeals to the horde of people that are devoted to cult movies like the *Matrix* and *Blade*.

And like these movies, the scariest part of all is that there is definitely going to be a sequel.



# Communicate with the spiritual world

For more than 100 years Parker Brothers' Ouija boards have been causing controversy

By LESLEY LEACHMAN

Board games are supposed to be fun. So why is one particular game causing so much controversy?

Ouija boards were first introduced to North America in 1890. They were sold in novelty shops as a game, but many swear there is something supernatural about them.

Ouija boards were designed as a method to communicate with the spiritual realm.

The game consists of a flat board with the alphabet written across it, as well as the numbers zero to nine and the words yes, no, hello and goodbye. The users place their fingertips on a pointer called a planchette and ask questions out loud. The planchette moves to various letters around the board in order to answer the questions.

Some claim that the planchette moves where the user's subconscious wants it to. Others claim that spirits are responsible for the planchette's movement.

Lance Gilroy, of Waterloo, describes Ouija boards as being similar to modern forms of magic.

"The will and intent put towards the exercise and the belief and power of the person's desire allows them to open a portal," says Gilroy. "Whether (or not) it is an actual spirit manipulating the board, I can't really be sure."

Many strange stories have risen from using Ouija boards, and some critics claim that these boards are dangerous.

"Those who manufacture the game (Parker Brothers) say (Ouija boards) are just a toy, but this device guides the way to spiritual darkness," says Carson MacClaine, 54, a member of the West Wood Baptist Church in Barrie, Ont. "The Bible condemns all acts of communicating with the dead."

However, others claim that Ouija boards are harmless.

"People are frightened of things they cannot explain. They assume anything that science can't prove is evil," says Angela Johnston, 32, who has used Ouija boards and studied paranormal activities for



(Photo by Lesley Leachman)

Ouija boards can be found in your local toy store. Some believe they can attract evil spirits, while others feel they are a harmless way to communicate.

about 10 years. "I never had my body possessed or my house haunted by using a Ouija board. Those are just myths and are not going to happen."

When Johnston began using Ouija boards she was skeptical about how they worked.

"At first I thought they were just a game; after all, it's made by Parker Brothers, the same people that brought us Monopoly." Angela Johnston, spiritual believer

Also, the more people there are in a Ouija board session, the better the results will be. "More people create more energy and if you think positive thoughts you will attract positive spirits," says Johnston. "Also, be aware that the messages you receive may be in a different language, written backwards or just plain gibberish. If you ask the spirit for a better way to communicate (with it), sometimes that helps."

Ouija board could draw in many spirits at once.

"At first I thought they were just a game; after all, it's made by Parker Brothers, the same people that brought us Monopoly."

Angela Johnston,  
spiritual believer

Johnston also says you must be patient when starting a session. Sometimes it will take up to three hours to get a response to your questions.

"Rephrasing your questions can help get quicker responses," she says. "Instead of saying 'hello?' try saying 'would anyone like to talk to us?'" If you are able to get a response, Johnston says not to believe everything you are told.

"Some spirits like to cause mischief. If the spirit claims he's God or Satan, tell him to leave," she says. "Not because he's going to hurt you, but because he wants to make trouble. Don't believe his lies. God and Satan have more important things to do than to talk to you."

In the 10 years Johnston has been using Ouija boards, she's only had one bad experience.

"Once, the spirit I was talking to said he was going to harm me and the planchette began to spin," she

says. "I simply told him he was unwelcome and pointed the planchette to goodbye. I never had any problems afterward and nothing harmed me."

If you are worried about having a bad experience, Gilroy suggests putting up a positive emblem before you start your session.

"Generally, as with any magic working, some form of a ward is a good idea," he says. "Whether that be a protective symbol (such as a cross or pentacle) or a full ritual circle, having a barrier between the user and the rest of the world is a good idea."

But Johnston feels that Ouija board users are never in any real danger. She says if anyone ever feels uncomfortable by what a spirit tells them, they should end the session by pointing the planchette to goodbye.

"Remember that no spirit can harm you by throwing you across the room, or by sending a knife flying by," she says. "All they can do is scare you with words. Don't let them succeed."

However, MacClaine feels that all Ouija board users are in danger when they communicate with the dead.

"They (Ouija boards) are nothing but a gateway for demons to take over your life," he says. "Once you open a gateway the spirits will prey upon you."

There are several ways to communicate with spirits other than using the traditional Ouija board. You can make your own board by using any flat surface that has clearly marked symbols. The planchette can be made out of anything that is light and will glide gently. Or you can use the automatic writing method. This consists of holding a pen over a blank piece of paper.

"During automatic writing you must let your mind go blank and call on a spirit to communicate with you. The pen will move on its own accord. Also, the handwriting will be different than yours," says Johnston. "I've known people who have been quite successful using this method."

**jostens**

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# Try to fit workout in your schedule

By BRYAN MARTIN

Being fit and in shape while attending college seems like an impossible goal to many and a tough hill to climb. After long days at school, students tend to be tired and stressed because of the amount of work they have to do, and all they really want is a little time to relax. In my opinion, it's not hard to stay active and still find time to relax if you break things down and take small steps.

At the beginning of the school year I know how stressful and overwhelming things can be when you're going to all your new courses and finding out the workload for the whole year. I find the key is to start mentally preparing yourself. After a week or two has gone by at school and you have started to get settled in with your schedules you are able to manage your time better and have the opportunity to do other things. For the average student that probably just means more time in front of the television when it can actually mean a whole different college experience.

Changing your daily lifestyle to something which requires a bit of energy can change the way you look and feel about yourself. Say your average day is getting up, going to school, coming home, watching television, eating supper, doing homework, watching more television, hanging out with some friends and then coming home and going to bed around 12 a.m. You can easily change that routine without even noticing you've really done anything. If you can slip a quick workout or jog in there, it can be quite beneficial. By going for a 25-minute jog or a 40-minute



(Photo by Bryan Martin)

Brandon Paffley, a second-year police foundations student, finds time to exercise between classes at the school gym on Sept. 19.

workout three to four times a week, you'll be amazed at the results. You're probably thinking that's a lot to do, but really it's not. All you have to do is schedule yourself an hour's chunk of time in your planner for those days and that will give you enough time to stretch, shower and do your workout.

It will also leave you feeling great because you know you worked hard for it and gradually it will make you look better.

It's important not to get discouraged if you don't see results right away. Instead, keep going because eventually things will get better.

I feel there are also many other benefits of exercising on a daily

basis. When students are depressed or stressed about something, a lot of them feel that eating will cheer them up. I am also in the same boat, but have realized there are other things I can do that work just as effectively and are a lot better for my body.

When you eat carbohydrates the carbohydrates are broken down into sugars, which release the chemical serotonin into the brain. Serotonin is the body's happy drug which tends to keep you happy. I personally find exercising does the same, but it also gives you a feeling of self-respect and pride. If you start playing sports and get really involved in them, you'll forget

you're even exercising because you're having so much fun playing the game.

It's important to realize how small a commitment exercising really is compared to some of the other things you have to do in your life. Having a positive mindset is important and it is the turning point for your success. It doesn't require any physical effort, but it demands that you find your own type of groove for motivation. I find most people listen to music and that gets them really motivated and gives them the energy to give 100 per cent.

Conestoga College has a gym that is equipped with all the neces-

sary equipment and also a number of treadmills for all the people out there who are interested in a cardio workout.

There is one other aspect for staying fit, and the one I think is the most important, eating.

Eating right is so crucial to keep your body younger looking and healthier. I'm not saying to stop eating your favourite things, I'm saying to cut down a little and find alternatives.

If you're a person who loves carbohydrates like pastas, rice and breads, try and develop a system that cuts down the amount you have. For example, if you like to eat those things at night, try and eat them before 7 p.m. so your body has time to work off the carbohydrates before you go to bed. It's best to eat them in the afternoon so you can use the rest of the day to help burn the carbs off.

If you're going to eat before you go to sleep, try and eat food higher in protein, because it is good for your muscles when you're sleeping. You could also try a system where you eat really healthily for six days and stay disciplined and then on the seventh day you eat all the foods you were craving the entire week. I find by using that system you'll still come out on top because it's only one bad day as opposed to seven bad ones.

Alcohol is also bad for you, but at this age it is very common and is connected to having fun. I still like to drink a few times a week, but everything in moderation. If you follow some of the suggestions I have given you I assure you that you'll eventually see great results. Just remember to not get discouraged.



(Photo by James Clark)



(Photo by Christina Bramburger)

## Isabel brings heavy rain, strong winds

In the photo above, Melissa Young (left), 21, and Martha Wahl, 23, both first-year general arts and science students at Conestoga College, take shelter outside Door 6 from the rain Hurricane Isabel brought on Sept. 19. Southwestern Ontario received up to 50 mm of rain and winds gusted to 70 km/h.

In left photo, a broken umbrella lays in the grass as a result of the strong winds that accompanied Hurricane Isabel.





(Photo by Kate Battler)

Joel Hussey, a second-year veteran of the Conestoga rugby team, runs the ball in against Mohawk College, Sept. 20. The Condors won the game 38-0.

# Condors start year on winning streak

Rugby team beat Niagara 27-5 and shut out Mohawk 38-0

By KATE BATTLER

The Conestoga College rugby team is tough, hard-hitting and, so far this year, undefeated.

The rugby Condors have got off to an incredible start, first beating Niagara College 27-5 on Sept. 17, and then by shutting down and shutting out Mohawk College 38-0 on Sept. 20.

Coach Jeff Desrusisseau is happy with the team they have put together this year. He said it's a very physical team.

"Our team is deeper this year and we have a lot more talent," he said. The team has already had a couple of key injuries this season with one player being out for half the year and another player being out until the end of September.

Desrusisseau was worried that this would have an impact on the first two games but the team easily overcame that obstacle with

absolutely no problem.

About three-quarters of the players are returning from last year's team and the new players that joined are quality players.

Desrusisseau said a couple of the rookies are really inexperienced but they have played the game before and the other players new to the team this year are incredibly experienced and talented.

He said he had hoped more players would have come out for the team, but because they start right at the beginning of the year most players don't find out about it until it's too late.

Last year was the first year that Conestoga had a rugby team. The team was ranked fourth in the OCAA before playoffs and finished fourth after the playoffs.

"To make the playoffs in our first year was pretty incredible."

The team was looking to start a trend last year because it was the

first year. Over the winter Desrusisseau realized that they have become known as a hard-hitting team and they will continue that this year.

During an exhibition game against Wilfrid Laurier University on Sept. 10, the Condors did well considering the university team is a calibre above the college team.

The Condors also received a compliment from the Laurier team when they said they wouldn't know who would win if the teams played at the end of the season.

The Condors play their next game against Georgian College on Sept. 28 in Barrie and then return home to take on Seneca College on Sept. 30.

Other games include: SS Fleming L on Oct. 4, SS Fleming P on Oct. 18 and Humber College on Oct. 25. All three games will be played at Jacob Hespeler Secondary School in Cambridge.

## C'mon ladies, lace up your skates and get on the ice!

Meet at the rec centre every Monday to play

By JASON SMITH

Ladies, are you tired of asking yourself why you rarely hear of any ice time available for females interested in playing hockey? Are you tired of waiting for the opportunity to show what you can do on the ice?

Three Conestoga College Recreation and Leisure Services students have heard your cries in the dark and they are tired of asking the same questions.

Tiffany Blamire, Adrienne Schmidt and Mamic Sealey, all first-year reccies, are ensuring that any females interested in playing hockey will get the chance they deserve.

The girls have booked ice time at the Kenneth E. Hunter Recreation Centre for every Monday from 2 p.m. to 3 p.m. for females of all ages and abilities to take to the ice, showcase their skills and have a good time.

"It's a really great opportunity for girls to get together, have some fun, and get some ice time," said Blamire. "A lot of us don't have time to commit to teams, we aren't in our original cities, or don't have money because of school. This is our opportunity."

**"A lot of us don't have time to commit to teams, we aren't in our original cities, or don't have the money because of school. This is our opportunity"**

*Tiffany Blamire,  
first-year "reccie"*

Blamire and her two friends came up with the idea while discussing the subject at the annual Conestoga pond party this month.

They realized that there was a male varsity team at the school and that shinny hockey was open to both males and females, but they questioned why there was nothing available strictly for women.

Blamire pointed out that the

**"If we don't get the numbers, we'll be told since there's no interest, there will be no ice time."**

*Blamire*

college had the same type of program last year, but it failed to draw the numbers needed to keep the rec centre's ice surface booked.

She said she's hoping to get as many girls as possible interested and in attendance for this year's program, so history doesn't repeat itself.

"Right now (the program) is on a trial basis. If we don't get the numbers, we'll be told since there's no interest, there will be no ice time."

Blamire, Sealey and Schmidt have about seven other girls currently interested and are looking for many more. The first scheduled ice time was September 22, and will continue every Monday as long as attendance is acceptable.

The program has until the end of October to draw 15-20 girls every week in order to keep the ice.

There is no cost to those who attend with their student card. Full equipment is required, including a full-face mask.

"If we can get this going it gives us an opportunity to get to know people, develop new friends and have fun," said Blamire.

For more information, contact Tiffany Blamire at tblamire-cc@conestogac.on.ca



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**DROP BY THE RECREATION CENTRE TODAY  
AND TAKE PART IN A HEALTHY LIFESTYLE**

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### Varsity Sports

Your upcoming Varsity home games

Men's Soccer

Sept 30, Vs Mohawk, 5:00pm

Men's Rugby

Sept 30, Vs Seneca, 4:00pm @ Bill Struck

Oct 4, Vs Fleming, 12:00pm @ Jacob Hespler

Women's Soccer

Oct 1st, Vs Mohawk 5:00pm

Men's Hockey

Oct 1st, Vs Fleming 7:39pm

Women's Fastball

Oct 4, Vs Canadore 1:00pm and 3:00pm

### IMPORTANT NOTICE!

For entrance to the Conestoga College Recreation Centre a valid student card or membership card must be presented at all times. If you do not have one of these you will not be granted access into the Recreation Centre without purchasing a day pass. Thank you for your co-operation.

### TRY THE FITNESS CLASSES OFFERED AT YOUR RECREATION CENTRE!

#### FITNESS CLASSES

Latin Dance Fit  
Boot Camp  
Variety Pack  
Cardio Knockout  
Kickboxing  
Ladies Self Defence  
Ju-jitsu  
Yoga (now back on Wednesday)

And more...  
For more information  
Call the hotline number:  
748-3565 ext 3565



# Oktoberfest ist wunderbar!

Join 2,000 other students as they enjoy the spirit of Gemuetlichkeit at Queensmount Arena on October 16



Tickets sell quickly!!!

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Doors open at 8:00pm

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Remember to bring proper ID  
You must be 19+ to attend this event  
Buses from residence are available